JUSTICES BAR LIFE SENTENCES FOR MOST JUVENILES 3

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Tuesday

HOW SWEDE IT IS

The Capitals keep Backstrom in town with a 10-year deal 15

REEFS AT RISK

Scientists fear oil may soon reach the fragile Florida Keys 3

DEBUTS

NBC's dramatic overhaul gives Jason Ritter a shot to shine 33

am 60 | 52 pm

FOR EXTENDED FORECAST, SEE PAGE 37

ON AN AUGUST NIGHT IN 2006, A D.C. ATTORNEY WAS FOUND STABBED TO DEATH IN A DUPONT CIRCLE HOME. POLICE FOUND THREE WOUNDS ON THE VICTIM'S CHEST AND A BAFFLING SET OF CLUES THAT SPARKED MORE QUESTIONS THAN ANSWERS. FOUR YEARS LATER, WITH THREE HOUSEMATES ON TRIAL FOR EVIDENCE TAMPERING, THE QUESTION REMAINS:

WHO KILLED ROBERT WONE?

PAGE 9

PHOTO COURTESY RADIO FREE ASIA

eo

EYE OPENERS

Verizon Finally Concedes Teenage Boys Are Idiots

Verizon says a Dover, Mass., man won't have to pay the balance of an $18,000 cell phone bill his son racked up when he connected his phone to a laptop to get Internet service. Bob St. Germain said the company has told him it will no longer try to collect the charges. Bob St. Germain says he's glad Verizon has dismissed the charge, but it remains on his credit report. Verizon says such cases are "exceptionally rare." **(AP)**

"Great Britain has such a great tradition as a seafaring nation, and we really feel we have played no role at all in adding to this."

— **CHRIS HAYES,** WHO, WITH TWO FRIENDS (ALL ARE FROM LONDON), **SUCCEEDED IN CROSSING ITALY'S LAKE GARDA IN A GIANT INFLATABLE BOUNCY CASTLE.**

Valedictorian Has Bright Future in PR

A college valedictorian in New Jersey had a special graduation gift for her boyfriend — a wedding proposal, which he accepted. Moments after finishing her speech Saturday at Centenary College's commencement, Emily Hawley called fellow graduate Josh Walker to the stage. She then popped the question. Hawley didn't have a ring to give Walker and didn't get down on one knee. **(AP)**

LUCAS DAWSON/GETTY IMAGES

The Big Picture

FORTY-SEVEN DACHSHUNDS were trained to represent United Nations delegates in the performance art installation "Dachshund U.N." at the Melbourne Museum on Saturday in Australia. The work "examines the role of the U.N. as a risk-management organization," according to artist Bennett Miller. **(EXPRESS)**

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Life Terms Barred for Juveniles

Washington

The Supreme Court ruled Monday that juveniles may not be sentenced to life imprisonment without the possibility of parole unless guilty of homicide, declaring unconstitutional a sentencing practice that has been adopted by some states but, the court said, was "rejected the world over."

77

The number of juveniles serving a life sentence without parole in Florida, the most of any state.

The court ruled 5-4 that locking up forever those under 18 who have not killed violates the Constitution's ban on cruel and unusual punishment. The decision follows the court's 2005 decision that juveniles may not be executed and expands upon its decision that the Eighth Amendment must be interpreted in light of the country's "evolving standards of decency."

Justice Anthony M. Kennedy, writing for the majority, said states must provide juveniles who receive lengthy sentences a "meaningful" chance to eventually show they should be released. **ROBERT BARNES (THE WASHINGTON POST)**

Oil May Be on Path to Fla. Keys

Scientists fear ocean will carry fuel to the delicate coral habitat

Robert, La.

With BP finally gaining some control over the amount of oil spewing into the Gulf of Mexico, scientists are increasingly worried that huge plumes of crude already spilled could get caught in a current that would carry the mess all the way to the Florida Keys and beyond, damaging coral reefs and killing wildlife.

Scientists said the oil will move into the so-called loop current soon if it hasn't already, though they could not say exactly when or how much there would be. Once it is in the loop, it could take 10 days or longer to reach the Keys.

"It's only a question of when," said Peter Ortner, a University of Miami oceanographer.

In the month since an offshore drilling platform exploded, killing 11 workers, BP has struggled to stop the leak, trying in vain to activate emergency valves and lowering a 100-ton box that got clogged with icy crystals. Over the weekend, the oil company finally succeeded in using a stopper-and-tube combination to siphon some of the gushing oil into a tanker, but millions of gallons are already in the Gulf.

The loop current is a ribbon of warm water that begins in the Gulf of Mexico and wraps around Florida. Some scientists project the current will draw the crude through the Keys and then up Florida's Atlantic Coast, where the oil might avoid the beaches of Miami and Fort Lauderdale but could wash up around Palm Beach.

Many scientists expect the oil to get no farther north than Cape Canaveral, midway up the coast, before it is carried out to sea and becomes more and more diluted.

The pollution could endanger Florida's shoreline mangroves, seagrass beds and the third-longest barrier reef in the world, the Florida Keys National Marine Sanctuary, which helps draw millions of snorkelers, fishermen and other tourists whose dollars are vital to the state's economy. **(AP)**

NOAA/AP

Gray angelfish swim among the corals in the Florida Keys National Marine Sanctuary.

Abandoned Well

BP said Monday it hopes to siphon as much as half of the oil leaking into the Gulf of Mexico and is getting ready to shoot mud into a blown-out well later this week to try to stop all of it. BP Chief Operating Officer Doug Suttles, above, said the company will never again try to produce oil from the well. "The right thing to do is permanently plug this well, and that's what we will do," Suttles said. **(AP)**

NUTRITION

Several of the nation's largest food companies say they will take 1.5 trillion calories out of their products by 2015 in an effort to reduce childhood obesity. First lady Michelle Obama, who has her own campaign to fight obesity, said the agreement "is precisely the kind of private-sector commitment we need" to combat the problem. The companies will introduce lower-calorie foods, change recipes and reduce portion sizes to achieve the goal. **(AP)**

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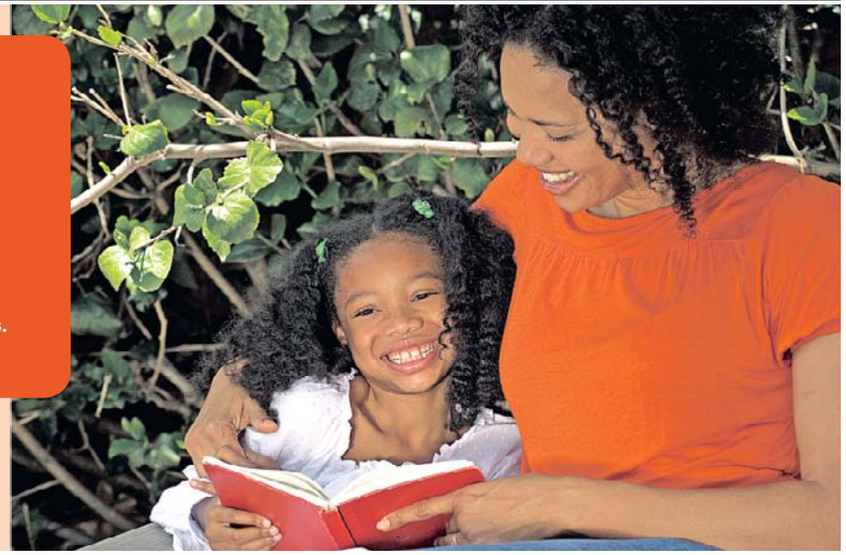

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Nation

7-Year-Old's Death Sparks Questions

Attorney: Tape shows police firing at home where girl was killed

Detroit

An attorney for the family of a 7-year-old girl who was killed by a police officer's bullet during a weekend raid at their home said Monday that he saw video of the raid that contradicts the police department's version of the events.

Attorney Geoffrey Fieger said he watched video that showed police fired into the home after lobbing a flash grenade through the window. He said this contradicts the police department's story, which was that the officer's gun discharged during a struggle or collision inside the home with the girl's grandmother.

"There is no question about what happened, because it's in the videotape," Fieger said. "It's not an accident. It's not a mistake. There was no altercation."

A camera crew for the crime-reality series "The First 48" was at the raid, although Fieger declined to say whether the video he watched was shot by the crew.

BRANDY BAKER/AP

Detroit Assistant Police Chief Ralph Godbee said the TV crew didn't affect the raid.

Detroit police were trying to obtain any footage of the raid captured by the film crew, Assistant Chief Ralph Godbee said Monday. He said the department was not concerned that the film crew had any affect on how the raid was conducted.

The target of the search, a 34-year-old man suspected of killing a 17-year-old boy, was arrested at the two-family home. **(AP)**

Dr. Hema Sundaram, a board certified dermatologist and cosmetic surgeon, is seeking volunteers for a research study of a skin rejuvenation treatment.

If you have unwanted crow's feet or wrinkles and are between 30 and 65 years old, please call 703-641-9666 to find out whether you would be eligible to join this study.

Nation

MIDTERM ELECTIONS

Sen. John McCain's re-election bid lost its campaign manager and another veteran Republican official Monday, part of a shake-up for the Arizona lawmaker who is locked in a tight primary race with radio host and former representative J.D. Hayworth. A campaign spokesman said neither Shiree Verdone nor Mike Hellon, a former Arizona GOP chairman, was fired. (AP)

Asylum Granted to Obama's African Aunt

Kenyan half-sister of president's father will remain in U.S.

Cleveland

U.S. immigration court has granted asylum to President Obama's African aunt, letting her stay in the country, her attorneys said Monday.

The decision was mailed Friday and comes three months after Kenya native Zeituni Onyango, the half-sister of Obama's late father, testified at a closed hearing in Boston, where she arrived in a wheelchair and two doctors testified in support of her case.

Onyango, who arrived in the U.S. from Kenya in 2000, plans to apply for a work visa and can apply for a green card after she gets the work visa, her attorneys said.

The basis for her asylum request was never made public. People who seek asylum must show that they face persecution in their homeland on the basis of religion, race, nationality, political opinion or membership in a social group.

JOSH REYNOLDS/AP FILE

Zeituni Onyango, an aunt of President Obama's, came to the U.S. from Kenya.

"The asylum process is confidential and she wants to keep it that way, so we can't get into details on why the judge granted asylum," said her attorney Scott Bratton. He added: "She doesn't want people to feel sorry for her."

Obama spokesman Nick Shapiro said Monday that the White House had no involvement in the case at any point in the process. (AP)

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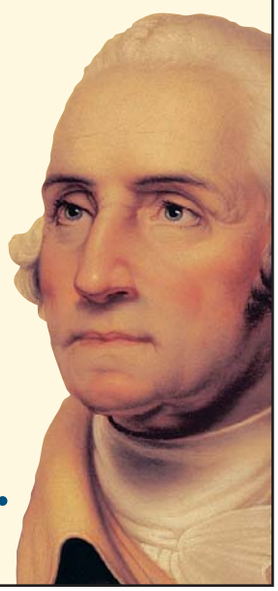

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World

ESTEBAN FELIX/AP

Laura Silsby leaves a courthouse in Port-au-Prince after she was freed.

U.S. Woman Is Convicted but Freed in Haiti

Port-au-Prince, Haiti

The last of 10 Americans detained while trying to take 33 children out of Haiti following the Jan. 12 earthquake was released Monday after a judge convicted her and sentenced her to the three months and eight days she already served in jail.

Laura Silsby, the organizer of the ill-fated effort to take the children to an orphanage being set up in the Dominican Republic, returned to her jail cell briefly to retrieve belongings before quickly heading to the Port-au-Prince airport.

"I'm praising God," Silsby told The Associated Press as she waited for a flight out of Haiti. She declined further questions.

The Idaho businesswoman had been in custody since Jan. 29. **(AP)**

Thai Red Shirts Defy Ultimatum

Thousands refuse to leave protest zone; leader offers cease-fire

Bangkok

The Thai government said Monday it would accept a cease-fire offer from a "Red Shirt" protest leader if the fighters end raging street battles and return to their camp in central Bangkok, as the death toll from five days of violence rose to 37.

The offer was made by Red Shirt leader Nattawut Saikuwa, who called the government's chief negotiator, Korbsak Sabhavasu, on his cell phone, Korbsak said. It was the first direct talks between the two sides since the fighting started Thursday, but Korbsak said it was unlikely to achieve much, as the two sides still remained far apart.

GETTY IMAGES

A protester throws wood into a fire on a street in Bangkok during clashes Monday.

Nattawut's response was not immediately known. Calls to his phone went unanswered.

Earlier, a Thai government ultimatum passed for the thousands of protesters — who have been camping in an upscale commercial district for more than a month in a bid to force the government from power — to vacate the barricaded protest zone by 3 p.m. or face up to two years in prison. Meanwhile, unrest flared in various parts of the downtown area outside the barricades, with troops firing live ammunition at protesters who were lighting tires to hide their positions. The thick smoke darkened the sky.

3K

The number of protesters who remain in the camp in Bangkok — down from 10,000 last week, the government said.

The Red Shirts, many of whom hail from the impoverished north, are trying to unseat Prime Minister Abhisit Vejjajiva and force elections. **THANYARAT DOKSONE (AP)**

Iraq Detains Militant Suspected of Planning World Cup Attack

Baghdad

Iraqi security forces have detained an al-Qaeda militant suspected of planning an attack targeting the World Cup in South Africa next month, an official said Monday.

Maj. Gen. Qassim al-Moussawi, a spokesman for Baghdad security services, said Abdullah Azam Saleh al-Qahtani was an officer in the Saudi army. He is suspected of planning a "terrorist act" in South Africa during the World Cup beginning June 11, al-Moussawi said at a news conference in Baghdad.

He said al-Qahtani entered Iraq in 2004 and is suspected in several attacks in the capital and elsewhere in the country.

In South Africa, a police spokesman said Iraq has not notified them of the arrest.

"We have not received any official reports from them," Vish Naidoo told The Associated Press.

Earlier Monday, South African police paraded fire engines, armored carriers and other vehicles through Johannesburg to show they were ready to secure the country for the World Cup.

"South Africa will be hosting the whole world, and therefore will take no chances," Police Minister Nathi Mthethwa said. **SAMEER N. YACCOUB (AP)**

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World

VAHID SALEMI/AP

Brazil's Luis Inacio Lula da Silva, left, Iran's Mahmoud Ahmadinejad, center, and Turkey's Recep Tayyip Erdogan join hands before signing a nuclear fuel swap deal.

Iran Deal Garners Little Confidence

West still pursuing U.N. sanctions over Tehran's nuclear aims

Tehran

Iran agreed Monday to a key big power demand, saying it was ready to ship much of its low-enriched uranium abroad — but immediately rolled out a new obstacle to compromise on its nuclear program by insisting it would continue enriching to higher levels.

Tehran's decision to agree to export a large amount of its low-enriched uranium to Turkey after refusing to let it leave the country for more than half a year appeared to be an attempt to stave off a new set of looming U.N. sanctions — a doubtful endeavor, judging by initial reactions from Western nations spearheading attempts to deal with Iran's nuclear defiance.

Britain's government said it was awaiting confirmation of the reports on Iran's deal, reached together with Turkey and Brazil, but insisted it remains committed to new sanctions against Tehran.

"Our position on Iran is unchanged at the present time," said Steve Field, Prime Minister David Cameron's spokesman. "Iran has an obligation to reassure the international community, and until it does so, we will continue to work with our international partners on a sanctions resolution in the United Nations Security Council."

In Washington, a U.S official also suggested that Iran's move was too little, too late.

Iran "will still have to take additional steps to assure the international community of its peaceful intentions," he said, asking for anonymity because he was not authorized to comment publicly. **ALI AKBAR DAREINI AND GEORGE JAHN (AP)**

Afghan Plane Missing; 44 Aboard

Salang Pass, Afghanistan

Dense fog hindered rescuers who fanned out across mountainous terrain on Monday to search for the wreckage of an Afghan passenger plane that vanished with 44 passengers on board. There was no immediate word of casualties.

After receiving tips from local residents, Afghan authorities rushed to the Salang Pass, in the Hindu Kush mountains. Late Monday, they said they suspected the plane may have gone down farther south, closer to Kabul. **(AP)**

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World

ANJA NIEDRINGHAUS/AP

A man uses his cell phone at the World Health conference in Geneva Monday.

U.N. Study Unclear on Cell Phone Health Risk

Geneva

If there's one lifestyle tool that's ubiquitous, from American cities to remote villages of the developing world, it's the mobile phone.

Can it also be deadly?

The frustratingly unresolved debate erupted again this week with the release of a $24 million U.N. study spanning a decade and covering 13 nations that suggests frequent cell phone use may increase the odds of developing a rare but deadly form of brain cancer.

Yet, since glioma has a potential latency period of a quarter century, the study's authors say there is no way yet to tell how big the risk is, if there is one.

Cell phones send out radioactive energy in a form that's similar to the one used in microwave ovens, but at very low levels. There is no accepted theory to explain how or whether these weak radio waves can affect the body.

The survey conducted from 2000 to 2010 of almost 13,000 participants found a 40 percent higher incidence of glioma among the top 10 percent of people who used their mobile phone most.

Still, the 21 researchers involved in the study disagreed on the conclusion, in part because of flaws in the way the surveys were conducted. **FRANK JORDANS (AP)**

D.C.'s Unsolved Mystery

The '06 killing of lawyer Robert Wone moves to trial with no murder charges

Washington

The paramedics summoned to a townhouse in the posh Dupont Circle neighborhood on a steamy night in August 2006 had seen their share of crime scenes, but the room where 32-year-old Robert Wone lay dead was different.

Despite three stab wounds in his chest, there was barely any blood. His body lay atop a neatly turned-down guest bed, and there were no signs of struggle or forced entry.

The three men who shared the house claimed ignorance about what had happened and blamed an intruder.

The case only got stranger from there. A knife in the room didn't match the wounds. The autopsy pointed to signs that Wone was restrained and incapacitated before he was killed.

The housemates — Joseph Price, Victor Zaborsky and Dylan Ward — were romantically linked, a self-described family. The victim, by all accounts, was straight and happily married. Police found bondage paraphernalia in the house, and prosecutors later theorized Wone was injected with a paralytic drug and sexually assaulted before he was stabbed.

More than two years and a couple investigative errors later, the housemates were charged — not with murder, but with obstruction of justice and tampering with evidence. Wone's killing remains unsolved, but prosecutors believe at least one of the housemates knows who did it. The hope is that an obstruction conviction might persuade them to share what they know.

D.C. Superior Court Judge Lynn Leibovitz began hearing the case Monday, days after the defendants opted not to have their case heard by a jury.

The upscale setting and the housemates' unconventional relationship have only added to the fascination. The defendants, who include an attorney and a marketing executive, have hired some of the city's most prominent defense lawyers. U.S. Attorney General Eric Holder worked at the same law firm as Wone and represented his widow, Katherine, in the aftermath of the killing.

The mystery of Wone's death is not just who killed him, but how. That he was fatally stabbed is clear. But how to explain the absence of defensive wounds, and cuts so clean Wone would have had to be lying perfectly still as he was attacked?

Prosecutors argue the apparent lack of movement indicates Wone was incapacitated before he was stabbed. Investigators tested Wone's blood for the presence of paralytic drugs but found nothing. Nor were there any markings on his body that would indicate he'd been restrained. But they have acknowledged that police incorrectly used a chemical in examining the crime scene, leading them to detect traces of blood in the room where there may not have been any.

Another glitch: Investigators failed to copy the data from Wone's BlackBerry before it was returned to his employer and recycled. A detective saw two apparently unsent e-mail messages on the device from 11:05 p.m. and 11:07 p.m. If Wone wrote those messages, it gives credence to the quick-attack theory. If someone else wrote them, they could be part of a cover-up.

Either way, it's one piece of the puzzle that's gone for good.

SARAH KARUSH (AP)

JACQUELYN MARTIN/AP

Attorneys for the three housemates accused of obstruction of justice in the Robert Wone homicide case head to a pre-trial hearing last week. Wone was killed in August 2006.

> **"We used to describe it as a jigsaw puzzle where the pieces don't fit. Now, it seems more like a jigsaw puzzle where the pieces are changing shape."**
>
> — **DOUG JOHNSON**, ONE OF FOUR BLOGGERS WHO HAVE CHRONICLED THE CASE FOR THE PAST 18 MONTHS AT WHOMURDEREDROBERTWONE.COM.

Opening Arguments

The mystery of who killed Robert Wone, right, became a little murkier Monday, as a defense attorney presented a missing knife that prosecutors had theorized was the murder weapon. During opening statements Monday, attorney David Schertler said the knife — part of a three-item set that included a carving knife and fork and hasn't been made in decades — was in Seattle all along and police could have found it if they had tried. During the prosecution's remarks, Assistant U.S. Attorney Glenn Kirschner attempted to cast Joseph Price — Wone's old friend from the College of William and Mary — as the dominant figure in the cover-up. "In the short term, these men have gotten away with it. The murder has not been solved," Kirschner said. (AP)

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Union members representing county public employees rally at an April 6 meeting.

Rare Lean Times For Montgomery

Rich county works to avoid running out of money by June 30

Rockville, Md.

The boom was good for Montgomery County.

In the four years before the recession began in late 2007, revenue increased by more than $1 billion, and spending jumped by nearly as much. Public schools were showered with resources, public employees were paid generously, the uninsured were given health coverage, and the poor were given tax breaks.

Now officials are scrambling not to run out of money by June 30.

Montgomery is one of the nation's richest counties, a place where median household income tops $90,000 and the government budget totals $4.3 billion. That officials are having to scrounge their way out of the fiscal year is a sign of how far things have fallen in the Washington region's biggest-spending suburb.

But in Montgomery County, economic realities are closing in on a political culture accustomed to ever-rising budgets and government generosity, forcing officials and the public to face an uncomfortable and unfamiliar future.

This week, for the first time in more than four decades, the County Council will vote on a new budget that is smaller than the one it passed the year before.

"This is a very caring county. We are concerned about our neighborhoods. We are concerned about our schools. We always have been, and that's a good thing," said Nancy Dacek, a former PTA leader who served for a dozen years on the Montgomery County Council, including during the region's last major downturn in the early 1990s. "But we can't say no, either, and we're going to have to do that."

MICHAEL LARIS (THE WASHINGTON POST)

VISITS

First lady Michelle Obama has invited Mexico's first lady to tour a Silver Spring elementary school honored for teaching healthy living. Obama and Margarita Zavala, the wife of Mexican President Felipe Calderon, are scheduled to visit the New Hampshire Estates Elementary School in Silver Spring on Wednesday. (AP)

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Local

DCPS Estimates Closed Schools Saved City $17M

Washington

When Chancellor Michelle A. Rhee closed and consolidated 23 underenrolled schools in 2008, she justified the highly unpopular decision in part by the prospect of significant savings that could be rolled into classrooms. She estimated that the school system would save $23 million in operating costs.

Two years later, DCPS says that it has seen reductions of $16.7 million. This includes lower costs for custodial service and security, and salaries for principals and other school leaders. **(THE WASHINGTON POST)**

Brown: Va. Can Make 2010 Goals For Budget Gap

Richmond, Va.

The Virginia government's top money officer says a troubled fiscal year of persistent shortfalls could end next month with a small surplus.

Finance Secretary Ric Brown said Monday that with a small monthly boost in tax collections in April, Virginia has posted consecutive monthly gains for the first time in two years.

He said if general fund collections for May and June keep pace with last year, Virginia will end fiscal 2010 with an unspent balance of about $140 million. **(AP)**

washingtonpost.com

KATHERINE FREY/TWP

GINA SEEBACHAN, left, created a huge indoor space where kids and parents to play together, the Playseum, which opened in November in Bethesda. Seebachan, an evangelical Christian, says her business is failing after a listserv post said she tried to convert a parent to her religion. | **washingtonpost.com/local**

The Lotteries

Monday, May 17

District

Mid-day Lucky Numbers	4-4-4
Evening Lucky Numbers (Sun.)	8-5-5
Mid-day DC 4	6-4-2-4
Evening DC 4 (Sun.)	5-7-6-5
Mid-day D.C. Five	8-8-1-9-9
Evening D.C. Five (Sun.)	5-3-8-5-0
Daily 6 (Sun.)	6-11-18-19-27-38 (3)

Maryland

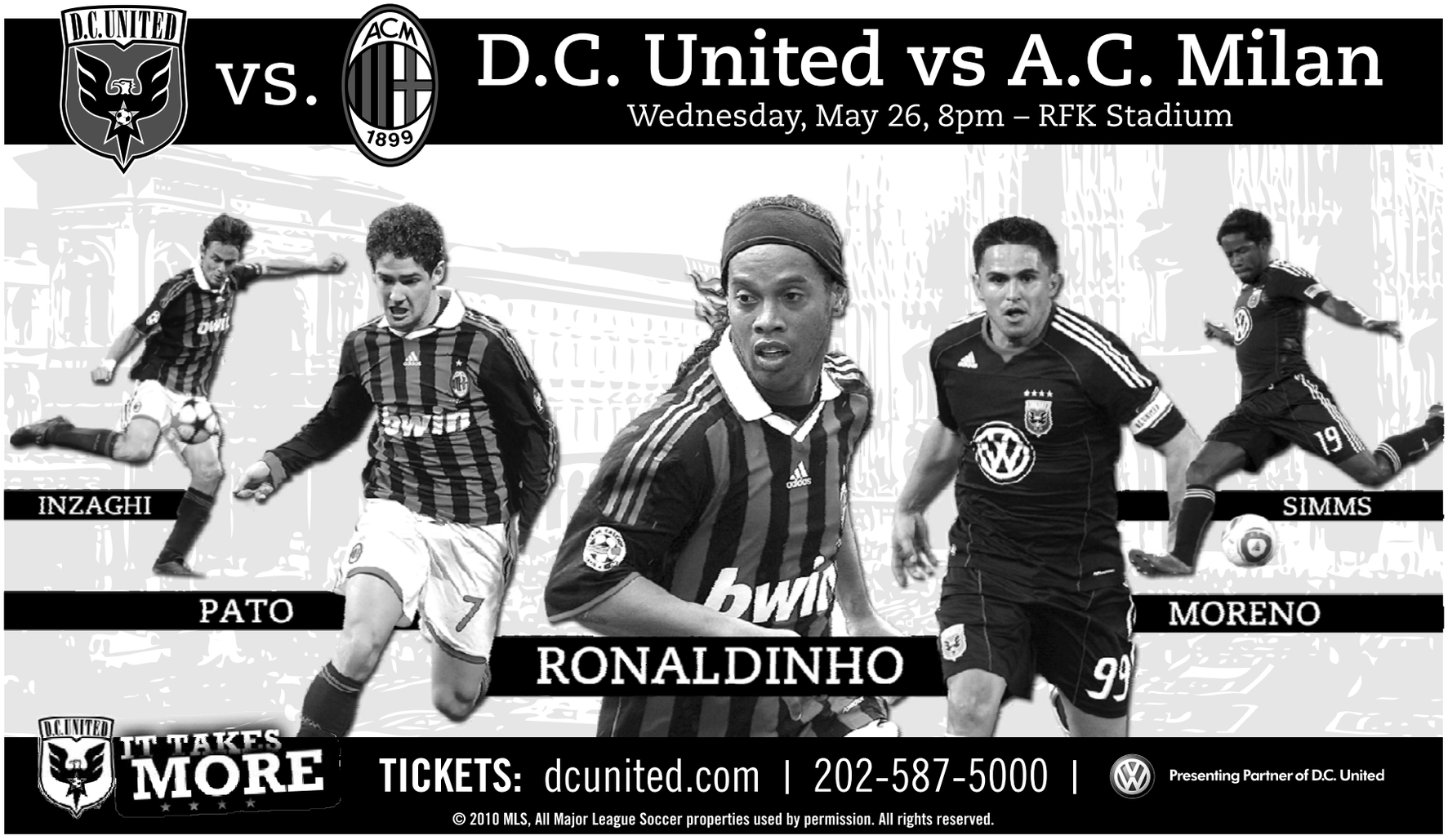
Mid-day Pick 3	1-6-7
Evening Pick 3 (Sun.)	2-2-6
Mid-day Pick 4	4-1-8-5
Evening Pick 4 (Sun.)	1-2-6-0
Match 5 (Sun.)	1-13-16-21-28 (17)

Virginia

Mid-day Pick 3	5-1-9
Evening Pick 3 (Sun.)	4-9-1
Mid-day Pick 4	5-3-8-9
Evening Pick 4 (Sun.)	1-0-1-0
Mid-day Cash 5 (Sun.)	3-5-6-33-34
Evening Cash 5 (Sun.)	17-19-28-29-34

All winning numbers are official only when validated at a claims location. Drawings that occur after Express' deadline will be published two days later.

World-class soccer at RFK Stadium next Wednesday!



Eliminate Pain
WITHOUT A PRESCRIPTION!

OsteoArthritis Sufferers Experience Dramatic Long-Term Improvement in Breakthrough Clinical Study

A clinical study published in the ***Journal of Rheumatology*** evaluated the pain relieving effectiveness of *JointFlex* Pain Relieving Cream verses a placebo. *JointFlex* is a non-prescription pain relieving cream that is available in retail stores everywhere. The eight-week clinical trial involved 63 patients who had suffered from chronic osteoarthritis knee pain for an average of 10 years!

Immediate, Effective Pain Relief

The study clearly showed that the users of *JointFlex* experienced substantial and immediate pain relief. The study confirmed what thousands of satisfied *JointFlex* customers around the world already know...*JointFlex* helps you achieve a better quality of life because of its powerful and immediate pain relieving action. But there's more!

LONG-TERM IMPROVING Pain Relief

The users of *JointFlex* also experienced a totally unexpected and dramatic result. With continued use, **a majority obtained long-term pain relief that continued to improve throughout the entire eight-week study.** But that's not all!

OsteoArthritis Pain ELIMINATED!

Even more amazing, one-third of the JointFlex users had their pain gradually decrease to the point where it was completely or nearly completely eliminated! By using *JointFlex* daily as directed, you too may be able to substantially reduce or even eliminate that chronic arthritis pain that's been nagging you for years.

The gradual and continual improvement in long-term pain relief observed in the *JointFlex* clinical study was found to be consistent with previous studies conducted with orally administered Glucosamine and Chondroitin Sulfate. *JointFlex* will be further studied to determine the mechanism of these dramatic results and to verify that they are not due to random chance alone. Individual results may vary. Highlights of the study are available by calling the toll free number or they can be viewed online at **www.jointflex.com**.

How Does *JointFlex* Work?

Only the *JointFlex* formula utilizes exclusive FUSOME® skin delivery technology and contains camphor plus **Glucosamine** and **Chondroitin Sulfate** for skin conditioning. This technology enables the beneficial ingredients to be delivered quickly and safely to your skin.

"JointFlex provides significant immediate pain relief, plus IMPROVING pain relief with continued use"

Why Continue To Take Pills?

If you are concerned about the negative side effects of the pills you are taking or tired of the stomach discomfort that often goes along with them, it's time to switch to *JointFlex*. Just rub *JointFlex* onto your painful areas. It's that easy. Within a matter of minutes, you won't even know you have *JointFlex* on other than the soothing pain relief you will be experiencing. With *JointFlex*, there are NO pills to swallow and NO negative systemic side effects to worry about like those associated with NSAIDs or oral prescription pain relievers.

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If you are among the millions who cannot get a good night sleep because of nagging arthritis aches and pains, why not try *JointFlex*? You'll get powerful, immediate pain relief targeted directly where you need it, and by using *JointFlex* daily, **you will get long-term continually IMPROVING pain relief.** With *JointFlex*, you will finally get a good night sleep. Plus, you can use *JointFlex* daily with confidence since, unlike other pain relief creams, there is no burning sensation, no lingering medicine smell and no greasy residue.

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Sports

Strasburg's Ride May Get Bumpy

History shows even phenoms experience some growing pains

The Nationals

Washington hasn't won the World Series since 1924, when Walter Johnson, in his 18th season and already beaten twice by the Giants, emerged from the bullpen on one day's rest to shut out New York in the ninth through 12th innings of Game 7. Clearly, mythic symmetry requires that the most aggrieved of baseball's original cities will, when it becomes champion again, do so in a suitably karmic manner with an unmistakable Big Train plot element. Hence, Stephen Strasburg.

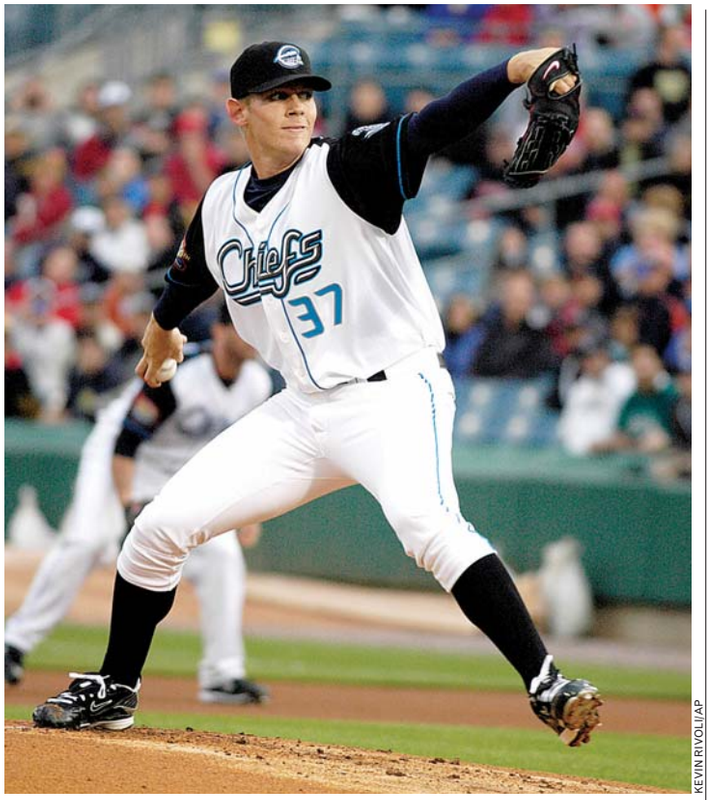
By Thomas Boswell

Even so, can we all just calm down, please?

We don't need to curb our irrational exuberance a lot. Every indication, from scouts to stats to our own eyes, cries out that, as long as he's healthy and pitches as he has in the minors, he will be somewhere between very good and magnificent.

But it would be both civil, and sensible, if we let Strasburg, still 21, have a chance to breathe when he gets here.

Last week, Curt Schilling said: "I've never seen anything like this. ... Nothing close. Not at that age. [When] he comes up, he'll immediately, potentially, be the best pitcher in the game."



KEVIN RIVOLI/AP

Stephen Strasburg faces huge expectations as soon as he arrives in Washington.

It would be both civil, and sensible, if we let Strasburg, still 21, have a chance to breathe when he gets here.

Thanks for the free gorilla, Curt. The kid shouldn't mind adding that monkey to the menagerie already on his shoulders.

Since Strasburg may be at Nationals Park by June 4, let's try to formulate at least a semi-rational basis for what to expect of him.

Luckily for Washington's sports sanity, and all baseball fans' ballast, there is an excellent comparison to the Strasburg of 2010 in terms of development, build, raw stuff and control, as well as astronomical hype within the industry — Roger Clemens in 1984.

Drafted in the first round from the University of Texas, the Rocket tore up the minors with a 1.47 ERA in the Boston organization. He debuted May 15 in breathless Fenway Park amid Cy Young expectations — not the eponymous award, but the real Cy Young, who won 192 games in eight years in Boston.

In the first six starts of his major league career, Clemens' control and stuff were wonderful: six walks and 33 strikeouts in 35 1/3 innings. Yet Clemens got crushed.

7.13

Roger Clemens' ERA in his first six starts with the Boston Red Sox. After that, he stabilized over the rest of the summer, dropping his ERA to 4.32.

But a year later, Clemens was 7-5 with a 3.29 ERA in his first 15 starts. Suddenly, at 22, he blew out his shoulder. Surgery. Season over.

Can you imagine what the next two years will be like if Strasburg has a similar start to his career? Yet, at 23, Clemens went 24-4, pitched the Red Sox into the World Series and won back-to-back Cy Young Awards, the first of seven, and went almost injury-free for the next 20 years.

There's precedent for 21-year-olds with monster arms and control who can dominate the big leagues from their first day. That could be Strasburg. But it doesn't have to be. And that's not what should be expected and demanded of him.

Remember Clemens. And Walter Johnson. The first time Ty Cobb batted against the Big Train, he said, "You can't hit what you can't see." But as a rookie, the 416-game winner whose statue stands behind the center field fence in Nationals Park had a record of 5-9. **(THE WASHINGTON POST)**

Swengali

Are You Feeling Lucky, Wizards?

It's time for the Washington Wizards to play their version of limbo once again. How low can they go?

Yep, Tuesday night's NBA draft lottery marks one of the most important moments in the rebuilding of the franchise.

By Matt Swenson

A new owner, Ted Leonsis, is almost in place. One would assume there will be some significant shifts in the way the team does business. But the pressing matter is whether the team's luck will change.

Since the rest of this column will deal in hypotheticals, let's quickly return to our original question.

The worst that the Wizards can do is fall to eighth. There's a better-than-50-percent chance that they will end up with the fifth or sixth pick, which is where they belong if you go by regular season records.

If there's a higher power looking to extend a favor, it may want to look the Wizards' way.

Everything that could go wrong did last year. If there's a higher power looking to extend a favor, it may want to look the Wizards' way.

How important is this pick? If Washington wins the lottery, Kentucky point guard John Wall will probably become the new face of the franchise. It also makes it a whole lot easier to cut the cord with Gilbert Arenas.

A few spots later, Kentucky big man DeMarcus Cousins will be an option. Further down the list is Georgetown forward Greg Monroe.

Whether they go big or small, the Wizards' fate will be decided Tuesday. Just don't get your hopes up.

@ To reach Matt Swenson, e-mail matt.swenson@readexpress.com

TV Lineup

NATIONALS (8:15 P.M., MASN) The Nats close out a quick, two-game series against the St. Louis Cardinals before coming home.

NBA (8 P.M., ESPN) Will the Wizards win the draft lottery?

NBA PLAYOFFS (8:30 P.M., ESPN) The Orlando Magic shoots to even the Eastern Conference finals at one against the Boston Celtics.

NHL PLAYOFFS (7 P.M., 10 P.M., VERSUS) The Philadelphia Flyers can take a 2-0 lead over the Montreal Canadiens while the San Jose Sharks aim for revenge against the Chicago Blackhawks in the conference finals.

U.S. Battles Injuries at Cup Camp

Soccer

Before wrapping themselves in the red, white and blue, the U.S. soccer team surrounded itself with orange and black. Players began training for the World Cup on Monday at Princeton University's $13.4 million Roberts Stadium.

Even on the first day of workouts, injuries caused goalkeeper Tim Howard (quadriceps strain), defender Jay DeMerit (abdominal strain), forward Eddie Johnson (hamstring strain) and defender Chad Marshall (slight hamstring strain) to be in the trainer's room instead of out on the lush, green grass. **(AP)**

Sports

Caps Lock Up Backstrom

Star center signs 10-year, $67M deal to stay by Ovie's side

The Capitals

First Alex Ovechkin, now Nicklas Backstrom. The Washington Capitals have their two best players locked into big money contracts for a decade. So, who buys lunch?

"Maybe we'll have to do rock-paper-scissors," Backstrom said.

The 22-year-old Swede signed a 10-year, $67 million deal Monday, a major investment in a player who has rapidly developed into one of the best centers in the NHL. He and two-time league MVP Ovechkin have developed a partnership that accounted for 210 points this season, making them the top scoring teammate duo in the league.

"We now have two of maybe the top five players in the world playing on our team for many years to come," coach Bruce Boudreau said.

BRUCE BENNETT/GETTY IMAGES

Center Nicklas Backstrom set career highs in goals and assists last season.

Ovechkin is about to enter the third year of a $124 million, 13-year deal. Knowing that Ovechkin isn't going anywhere played a part in Backstrom's desire to commit to Washington for the long haul.

"I was thinking that I wanted to play with him," Backstrom said. "I think it's good that we're together."

The No. 4 overall pick in the 2006 draft, Backstrom set career highs with 33 goals and 68 assists this season, and his 101 points ranked fourth in the league. He has yet to miss a game over three NHL seasons.

General Manager George McPhee expressed no qualms about having so much time and money tied up in just two players. "It sends the right message to our fans and to this franchise that we have outstanding young players who are ready to commit for the rest of their career," McPhee said. "You win championships with these kinds of players." **JOSEPH WHITE (AP)**

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Sports

Redskins Ink Veteran Holliday to Aid D-Line

The Redskins

The Redskins have added yet another veteran defensive lineman, signing defensive end Vonnie Holliday before the first of the team's organized team activities begins Monday.

Holliday, 34, has played with five organizations in 12 seasons and spent last year with the Denver Broncos, where he played a role in 33 tackles, posted five sacks and forced two fumbles. He started three times but appeared in all 16 games.

Until last season, Holliday had been a regular starter every year since entering the league as Green Bay's first-round draft pick (19th overall) in 1998. Listed at 6-foot-5, 285 pounds, Holliday is among the lightest linemen on the Redskins' roster.

MORRY GASH/AP

Vonnie Holliday was the Green Bay Packers' first-round draft pick in 1998.

As the Redskins still try to figure out how the Albert Haynesworth situation will resolve itself, they've given themselves plenty of options on the line. Holliday is the ninth lineman they've added this offseason. (THE WASHINGTON POST)

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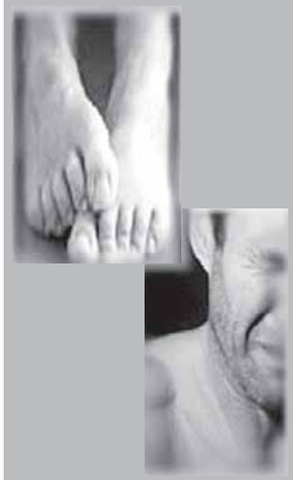

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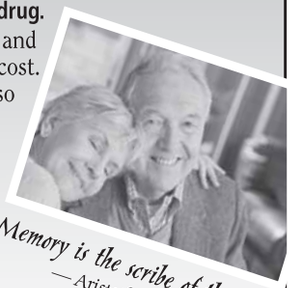

Memory is the scribe of the soul.
— Aristotle, Greek Philosopher

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Sports

In Brief

SOCCER

Ballack Out of World Cup

Ballack

Germany captain Michael Ballack will miss the World Cup because of torn ligaments in his right ankle, a serious blow to the three-time champion team less than a month before the tournament. The 33-year-old Chelsea midfielder was hurt during his club's 1-0 FA Cup final victory over Portsmouth Saturday. The German soccer federation said he won't be able to train for at least eight weeks. **(AP)**

WOMEN'S COLLEGE HOOPS

Obama Lauds UConn

President Obama welcomed the University of Connecticut's national champion women's basketball team to the White House Monday, calling it the best team in all of sports last year "by far." UConn women won its second-straight NCAA championship earlier this year and are on a 78-game winning streak. **(AP)**

GOLF

Singh Falls Out of Top 50

The world golf ranking does not have Vijay Singh among the top 50 for the first time in nearly 18 years. Singh slipped to No. 51 in the world ranking Monday after he failed to qualify for the final 36 holes at the Texas Open. **(AP)**

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fit

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If Crystal Light Pure Fitness ($3.29 for seven packets) has no artificial sweeteners, flavors or preservatives, it's makes you wonder what's in the rest of the brand's products. But after one sip of strawberry kiwi, lemon lime or grape (with stevia and cane juice), you won't care. With just 15 calories per serving and no pucker-inducing aftertaste — plus a hint of electrolytes — Pure Fitness can't be beat for your overly sweet hydration needs.

Body Talk

COURTESY CULTURAL TOURISM DC

Walk With Me

I will probably never run a marathon — unless it somehow resembles a walking tour. No matter how exhausted I am, or how many miles my weary legs have traveled, I always seem to have the energy to take one more loop around a neighborhood if it means I get to find out about its crazy architecture, sketchy past or even foliage.

By Vicky Hallett

Yes, I am that dorky, but so must be a lot of Washingtonians, because WalkingTown DC, Cultural Tourism D.C.'s (Culturaltourismdc.org) biannual smorgasbord of walking and biking tours, continues to increase in popularity. To keep the crowds manageable this weekend for the 100-plus events on the schedule, more of them are requiring pre-registration. (So sign up pronto!)

To make sure folks know what they're getting themselves into, the tour list offers a new piece of advice this year: fitness level. "Downtown Jewish Washington" scores a "low" (0.75 miles in an hour and a half) while the "Anacostia: The Ridge and the River" (15 miles by bike in three hours) gets a "high." But most tours are appropriate for all. Just be sure to bring a bottle of water, sunscreen and all the dorkiness you can muster.

@ To reach Vicky Hallett, e-mail vicky.hallett@readexpress.com

LAWRENCE LUK

Students need to buy their own skates, helmets, face masks and pads, which can tack another $400 on to the price of the class.

Beginner's Puck

Is playing hockey one of your goals? Adult Skills & Drills will prep you for the ice

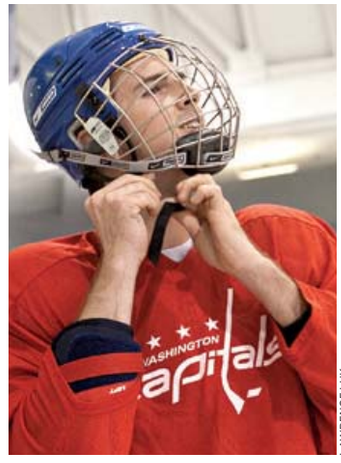
Class Review

Work It Out

The Capitals may be out of the running for the Stanley Cup, but it's not too late for you to get in the game. The Adult Skills & Drills class at the Kettler Capitals Iceplex takes anyone who can skate and teaches them to hustle a puck.

What it is: You might not get one over on Ovie, but the six-week class will get you closer to your, ahem, goals through 25 minutes each of skating, skills drills and scrimmages. "I started skating a couple years ago, and it looked like it wasn't that hard, and it looked like a lot of fun," says student Bill Baumeister. "I found it is 'that hard' but is a lot of fun." That hockey's a cinch is a common misconception, says Brian St. Louis, hockey director at Kettler. "The Washington Capitals make the game look very easy, but it doesn't take a new player long to realize how tough it is to skate. It gets even harder when we are trying to skate and control a puck at the same time."

Moves: The objective during a power turn drill is to get around a small orange cone without hitting it, and staying upright. "It teaches the players to control themselves on their [blade] edges," St. Louis says. "Once they understand their edges better, they will be able to make quicker, sharper turns." Until then, for some students, it's a lesson in falling. Players-in-training also learn to skate backward while controlling the puck.



LAWRENCE LUK

● *Adult Skills and Drills costs $180 for a six-week session at the Kettler Capitals Iceplex (627 N. Glebe Road, Ste. 800, Arlington; 571-224-0555; Kettlercapitalsiceplex.com); Wed. at 9:15 p.m. starting June 30 and Thu. at 7:45 p.m. starting July 1.*

Workout: Despite a room temperature of 56 F and an ice temperature of 17 F, not even the 20 pounds of protective gear the students wear can hide the sweat streaming down their bodies. Flying across the ice at top speed wielding a hockey stick makes for a killer cardio workout. "You're soaking at the end of a session," says Josh Epstein, who's been through the course three times. "It's a really good aerobic workout," adds newbie Ryan McDonald, 25. "I signed up to do this five-day bike tour, so I started doing cycling courses, and this is probably more intense than cycling."

Crowd: The course is open to 36 hockey hopefuls of varying levels of experience, but all have some skating know-how. "Players need to be comfortable enough to get around the ice and participate in the scrimmage," St. Louis says. Those scrimmages can get competitive, but they're never violent, he adds. Although the class is guy-heavy, five to 10 women sign up each session, and players range in age from 20s to 60s. It seems everyone can fall in love with hockey. Or, at least, fall. STEPHANIE KANOWITZ

Stick Together

Start your own team by getting the whole family involved. Kettler offers ice hockey classes for kids as young as 4 and the women-only Rise & Shoot, a class for hockey moms who want to be hockey players.

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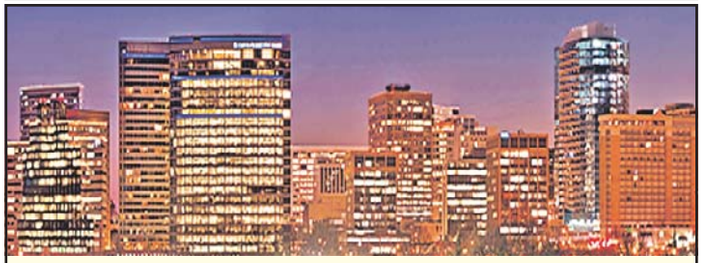

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Living Single And Loving It

Q I'm a 49-year-old single female with no children. I have been in relationships, but they seem to end over the man's wanting to be the decision-maker. My mother has been very vocal about my male companions, and it drives me crazy. I hate to go visit because of the comments. I've been through enough to know when a male is getting on my nerves to say, "See ya." How do I explain to her that I'm enjoying life being single and she should back off without being rude? **INDEPENDENT SINGLE LADY**

Some people will never be OK with their daughters' "enjoying life being single." So, she'll broach the subject again, but there's nothing wrong with saying, "Mom, I feel like I tell you this every time — I'm honestly happy being single right now. I wish you could see that." You can also have a stock distracting topic for changing the subject.

You might examine, though, whether you're being more prickly than you need to be. Maybe your mother sees your stance as defensive, or perhaps she's worried that you're painting the male population with too broad a brush. The lady who doth protest too much will only rile her mother further.

Don't Crush Your Feelings

Q I am 29 years old and yet I have a mega-crush on a neighbor/acquaintance of mine. I feel so silly. I clam up around him and don't act like myself at all, and just generally seem to behave like I am in middle school. I usually am decent with my self-confidence around men, but this situation has grown out of control. Any ways to chill out? **EMBARRASSED**

As long as you're not slipping him notes that say, "Do you like me? Check here if yes," then I vote that you're doing just fine.

But it's worth wondering why this person seems to bring out particular vulnerabilities. Does he remind you of someone from your past? Are you in a low place in other areas of your life? Or is it just he has dimples to die for?

In the moment, you can try relaxation exercises like deep breathing or using a mantra. But the larger picture seems to be that you're putting mega-pressure on yourself because you feel the stakes are so high. Try to distract yourself with other social pursuits, convince yourself he's not all he's cracked up to be or make a conscious decision not pursue him to help take the pressure off. Of course, you could also bite the bullet and make a move. That'll take chutzpah as much as mantras.

By Dr. Andrea Bonior

@ Send your mental health and emotional wellness questions to Andrea Bonior, Ph.D., at baggage@readexpress.com. This column is not a substitute for one-on-one care.

Event Horizon

Cycle in The City

Instead of sleeping in Sunday, grab your helmet and head over to Pedalpalooza on Pennsylvania. From 7 a.m. to 10:30 a.m., the stretch between 7th and 14th streets NW will be closed to cars for the kickoff of Bike DC (Bikedc.net), an annual group ride. The 19-mile route (with optional shortcuts) ends in Crystal City, where the Cycling Celebration (9 a.m.-12:30 p.m.) awaits. The festivities are free, but register for the ride — it's $35 if you sign up in advance.

The Fast and the Fabulous

If you're cycling on Bike to Work Day, you can't go wrong with these routes

Expert Advice

You could ride a platform of change to the White House, or just coast there on two wheels. On Friday, Bike to Work Day (see box for details), D.C. is unveiling its newest bike lane: smack in the middle of Pennsylvania Avenue. Along with 15th Street, where the city has been testing its first bike lane that's protected from car traffic, this is the start of a vast network of pioneering pathways. But while you're waiting for the plans to kick into gear, keep on pedaling. We asked area cycling smarties to recommend their favorite thoroughfares.

Metropolitan Branch Trail

For those who like to gaze at a cityscape while enjoying the comfort of a trail, this recently opened route is a great option, says District Department of Transportation planner Jim Sebastian. For now, you can tool along the four-mile stretch from Catholic University to Union Station, bypassing 18 lanes of roadway traffic. (Eventually, it'll wind the eight miles to Silver Spring.) When commuters arrive at the train station, they can take advantage of the adjacent Bikestation. The helmet-shaped glass structure offers daily bike parking ($2 for non-members) and tune-ups between 7 a.m. and 7 p.m.

14th Street

D.C. Farmers Market Bike Clinics founder Ben Rhys West digs 14th Street NW for heading north or south. He frequently sees other cyclists in the wide bike lane that extends from Brightwood Park to Thomas Circle. For folks who work downtown, it's an easy downhill ride. "You don't even have to break a sweat," he says. But save some energy for the end of the day: "You get your exercise on the way home."

R Street

BikeArlington's Chris Eatough likes this single lane, one-way residential road that comes with a bike lane stretching from Massachusetts Avenue to Eighth Street NW. "It's flat, and the speeds of traffic are slow," he says. "There's a stop sign every block, so the cars don't really get up to full speed. If you're on a bike, you're going the same speed, so there's not a whole lot of passing required. Everyone moves along very comfortably."

The Capital Crescent Trail

The 11-mile paved trail from Silver Spring to Georgetown (via Bethesda) is a seriously popular route for folks going to K Street NW or pedaling across the Key Bridge to Rosslyn. There's no need to be in such a rush to get to work, however, suggests Rhys West. "There are a million spots where you can stop and climb up a westward embankment on the side of the trail," he says. "You'll have a view of the river, and you can sit there and have a picnic or read a book." KRIS CORONADO

JAHI CHIKWENDIU/TWP

Usually, cars far outnumber bikes on Washington's streets. But for Bike to Work Day, area cyclists plan to saddle up en masse.

Main Event

Road Thrills

If the joy of riding on Bike to Work Day isn't enough to make you want to get into gear, how about free stuff? Each of the 35 area pit stops will have drinks, nibbles and the chance to win prizes. If you're scared to cycle solo, join up with one of the commuter convoys. And if you want any more info on the cycle-centric festivities, go to Waba.org.

Person of Interest

The Wheeler Dealer

As director of the District Department of Transportation (DDOT), Gabe Klein can't officially prefer one way to get around over another. "They're all great," he says, like a dad not wanting to play favorites.

"There's nothing like riding a Vespa," he offers, but then gushes about how his Smart car whisks him out of town for weekends at the beach. It's a cute act, but we're not buying it. Klein is a bike geek. The man owns five bicycles (two mountain, one road racing, one commuter and one folding), started riding when he was just 4 years old and spent the early years of his career working for Bikes USA, the nation's largest bicycle retailer. And how did he get to the office the day of this interview? "I biked."

So, it's only natural that cycling is a major part of Klein's plan for where the city is going. There may be just 45 miles of bike lanes on Washington's 1,200 miles of streets now, but DDOT promises to bump that up to 80 miles by 2012. The number of bikes available through the bike-sharing program launched in 2008 is expected to soon leap from 100 to 1,000. And you can look forward to revamped traffic signals that give cyclists a head start in order to avoid accidents.

Safety is a huge part of Klein's push for all modes of transportation, but it's especially critical when it comes to two-wheelers. "If we're going to give cycling mass appeal, we have to make it safe. If there isn't a safe bike route to go to work, you're not going to do it," he says. You're also not going to get the other benefits that come along with pedaling rather than driving, namely exercise. Given that the city announced its Obesity Action Plan earlier this month — which just so happens to be Bike Month — it's a no-brainer that scheming to get people on bikes may help achieve those goals.

For Klein, his bikes equal "fitness on weekends, transportation during the week." When he doesn't have a bunch of meetings all over the city, he can easily coast downtown to work. When he's just riding for fun, he often follows a favorite route: Rock Creek Park to Memorial Bridge, then to the airport or Old Town.

Two wheels is also his ticket to a night on the town. The ride from his place to the beer bar at Churchkey? "It takes me all of five minutes," he says. For that trip, even Klein is willing to admit there's no doubt a bike beats a car: No need to worry about finding parking or exactly how many calories are in that lager.

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Nibble Troubles Away

The right snacks can help you power through problems

Food

Your noggin depends on a variety of nutrients to keep itself balanced. Unfortunately, Cheetos and beer aren't exactly brain foods. These snacks will provide a brain boost to get you through even the toughest situations — without sacrificing your waistline or muscles.

ISTOCK

Folks who eat fish (raw or otherwise) are less likely to suffer from depression.

Anxiety

The Situation: You need to stay sharp through a grueling job interview. **Your Meal:** Half a grilled-chicken wrap at lunch, hold the mayo. **Here's Why:** Eating between 4 and 5 ounces of protein helps your brain create dopamine and norepinephrine, neurochemicals that keep you alert, says Judith Wurtman, author of "The Serotonin Power Diet."

Stress

The Situation: You have to meet a deadline without being overwhelmed. **Your Meal:** A handful of sesame seeds while you're working. **Here's Why:** Stress hormones can deplete your body's supply of magnesium, reducing your stress-coping abilities and increasing your risk of developing high blood pressure, says Elizabeth Somer, author of "Food & Mood."

Restlessness

The Situation: You need some serious shut-eye before the big day. **Your Meal:** Nonfat popcorn half an hour before you go to bed. **Here's Why:** The carbs will induce your body to create serotonin, a neurochemical that makes you feel relaxed. "Make sure it's fat-free, because fat will slow the process of boosting serotonin levels," says Somer.

Depression

The Situation: Problems at home are doing you in. **Your Meal:** Grilled salmon or sushi for dinner. **Here's Why:** A study in Finland found that people who eat more fish are 31 percent less likely to suffer from depression. And skip sweet, simple carbs — a sugar crash can deepen depression.

Insecurity

The Situation: Your confidence is waning as the night wears on. **Your Meal:** A snack-size chocolate bar when your date's in the bathroom. **Here's Why:** Chocolate contains a host of chemicals to brighten your mood, Somer says, including anadamine, which targets the same receptors as THC, and phenylethylamine, which produces a cozy, euphoric feeling.

(REPRINTED WITH PERMISSION OF MEN'S HEALTH RODALE INC.)

Recipe File

GRILLED PORK CHOPS WITH PEACH JALAPENO GLAZE

AP

Ingredients

- 1/4 cup kosher salt
- 1/4 cup firmly packed light brown sugar
- 2 cups boiling water
- 3 cups ice cubes
- 2 teaspoons chili powder
- 2 teaspoons ground cumin
- 1/2 cup peach preserves
- 2 tablespoons lime juice
- 1 large or 2 small jalapenos, minced but not seeded
- 1 pound boneless center-cut pork loin chops, trimmed of fat (4 chops)
- 1/4 teaspoon ground black pepper, or to taste

Makes Four Servings

In a medium bowl, combine the salt and brown sugar. Add the boiling water and stir to dissolve. Add the ice cubes and stir to cool. Add the pork chops, cover and refrigerate for at least 30 minutes or up to an hour.

Meanwhile, make the glaze. In a small saucepan over low, stir the chili powder and cumin until lightly toasted and fragrant, about two minutes. Transfer to a small bowl.

Add the peach preserves, lime juice and jalapenos. Stir well, then set aside.

Heat a gas grill to medium or prepare a charcoal fire. Oil the grill grates.

Remove the pork chops from the brine, rinse well and blot dry with paper towels. Season both sides of the pork with ground black pepper.

Grill the pork chops, turning once, until an instant thermometer inserted at the center registers 145 F, two to four minutes per side. Brush both sides of the chops with the reserved glaze and grill, turning once, for 90 seconds more. Serve with additional peach-jalapeno glaze on the side. (AP)

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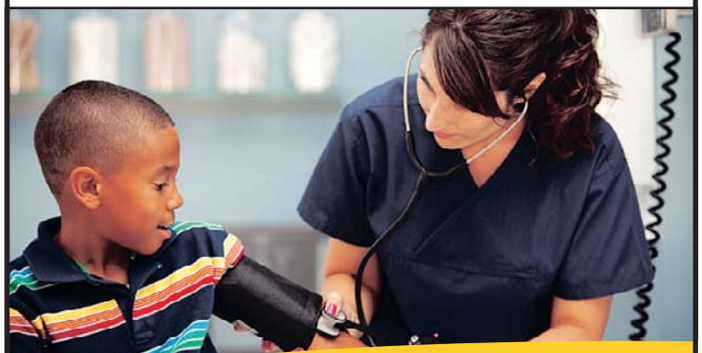

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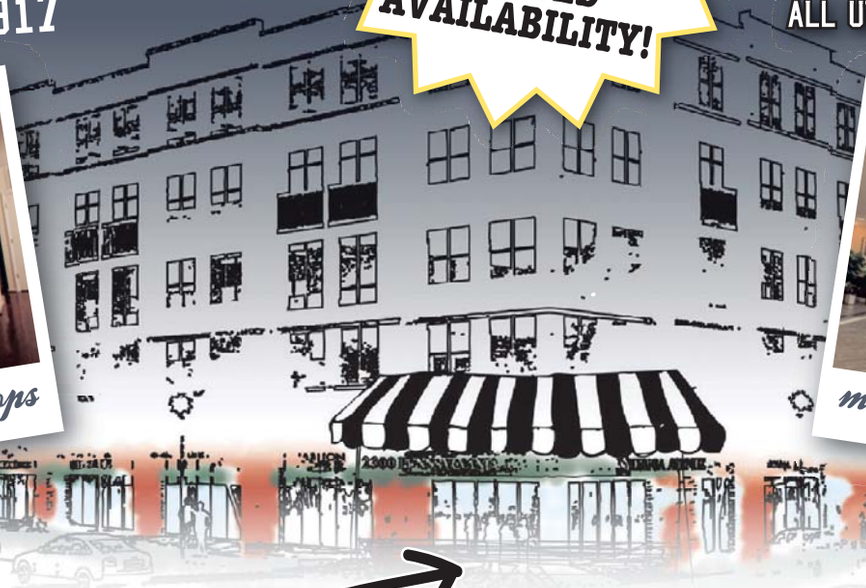

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W097 5x10.5

lookout

Back in Inaction
Kate Gosselin tries out a less dance-centric role on 'DWTS' 39

Sound Bets

ROBERT CIANFLONE/GETTY IMAGES

Horns Up

I tried to write about LCD Soundsystem's solid new alum "This Is Happening," but I kept thinking of Ronnie James Dio, 67, who died Sunday from stomach cancer. The subjects seem incongruous — a dance-punk band versus heavy metal's finest vocalist — but Murphy and Dio had something in common: They were late bloomers.

By Christopher Porter

Murphy was 35 when LCD's debut dropped to enormous acclaim — 17 years after he started playing in a series of forgettable bands. And in 1975, Dio was 33 when the first Rainbow LP came out and solidified his place on rock radio — yet 16-year-old Ron Padavona recorded his first single in 1958. Then, in 1979, he fronted the post-Ozzy Black Sabbath and had a great career with Dio, which he formed in 1982 — when he was 40. Dio's voice still amazed on his final release, 2009's "The Devil You Know" by Heaven And Hell.

But now that Murphy is 40, he sounds resigned to winding it down. He claims "This Is Happening" is LCD's last album and states, "It's the end of an era," on "Dance Yrself Clean." Just shut up, James, and keep singing. Your best might be yet to come.

@ Comments? Give Christopher your feedback: **expressnightout.com/soundbets**

NBC's Massive Overhaul

The network trots out a number of new shows in an effort to recharge its ratings

Television

In one of the most ambitious prime-time overhauls in recent history, NBC announced Sunday it will gut its Monday and Wednesday lineups, and add six new one-hour series, one new half-hour comedy and one new reality series in the fall.

It's all part of a strategy to get the ratings-depleted network to rise like the phoenix from the ashes of this season's Jay Leno Debacle, with a new slate that screams "scripted" and "big-name auspices": J.J. Abrams, Jerry Bruckheimer and, yes, Conan O'Brien. And, yes, "Law & Order" is really most sincerely dead after 20 seasons.

Monday will become a guy-targeting, high-octane action night on NBC, because that genre can best be promoted on the network's Sunday-night football lineup. "Chuck" has survived at 8, to the delight of its small but rabid fan-boy base who, to their credit, do tend to rush out and buy things advertised on the show to demonstrate their love.

"Heroes" is toast, and a new serialized paranormal-ish drama called "The Event" is moving to "Heroes"' 9 o'clock time slot. It will be followed at 10 by producer Jerry Bruckheimer's latest procedural, "The Chase," which, yes, will try to take down Bruckheimer's CBS procedural, "CSI: Miami," also on Mondays at 10.

NBC is not touching the brightest spot on its schedule, Tuesday. That means two hours of its fat-farm reality series, "The Biggest Loser," followed by scripted movie remake "Parenthood" at 10.

NBC is making a major push on Wednesday nights, kicking things off with its new Abrams drama, "Undercovers," at 8 — the same time slot where Abrams' "Lost" premiered in fall of 2004.

On Fridays, a night the networks have largely forsaken when it comes to scripted programming, NBC has scheduled a new drama at 10, about a Supreme Court justice gone rogue, called "Outlaw." It is executive-produced by, among others, Conan O'Brien. Read into that what you will. LISA DE MORAES (THE WASHINGTON POST)

MONDAY: "The Event" (a thriller chronicled from multiple points of view) stars Jason Ritter, left, as an average guy who stumbles upon "the biggest cover-up in U.S. history." Blair Underwood also stars as the president of the United States.

WEDNESDAY: The newest show from J.J. Abrams ("Lost"), "Undercovers," is about a married couple, retired CIA spies, who own a catering company in Los Angeles. Boris Kodjoe, left, plays the husband, and Gugu Mbatha-Raw is to play his wife.

FRIDAY: On Fridays, NBC will introduce new scripted programming in the form of "Outlaw." Jimmy Smits stars as Cyrus Garza, a Supreme Court justice who leaves his prestigious post to go back to helping the little guy. Conan O'Brien is executive-producing the show.

Lighter Fare

Thursday-Night Funnies

"30 Rock" is being bounced back to 8:30 p.m., after "Community." This makes room, after "The Office" (9 p.m.), for new comedy "Outsourced" at 9:30 p.m. The cast (including Amy Poehler, left) of "Parks and Recreation," were just told on Saturday that their show is being held for midseason. L.D.M.

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expressnightout.com ▸▸ Sebastian Junger tells the day-to-day story of American soldiers in Afghanistan with 'WAR' ▸▸ The giant reptile rises from the sea 45 years later with the DVD reissue of 'Gamera: The Giant Monster' ▸▸ Janelle Monáe has made one of the most potentially game-changing albums of 2010

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Compiled by Fiona Zublin. For more upcoming events, follow the Top Stops blog at expressnightout.com/topstops.

1 Solo Music

Justin Jones (who is frequently, but not this time, accompanied by his band, the Driving Rain) makes appealingly emo country music — and tonight he'll be making it at Asylum in an acoustic set that he promises will include many covers. But we like your original stuff, too, Justin! Olivia Mancini, among others, will be making a guest appearance. F.Z. ***Asylum, 2471 18th St. NW; 9 p.m., $5; 202-319-9353, Asylumdc.com. (Woodley Park)***

2 Legend in His Own Time

Yves Klein was one of the giants of modern art — he even has a color named after him, International Klein Blue. In "With the Void, Full Powers," the Hirshhorn's Klein retrospective, you can see a huge variety of the French artist's work, including the Anthropometries — which you might recognize as "the ones where nude women covered in blue paint used themselves as human paint rollers." F.Z ***Hirshhorn Museum, Independence Avenue and 7th Street SW; through Sept. 12, free; 202-633-1000, Hirshhorn.si.edu. (L'Enfant Plaza)***

3 Not Too Much, Mostly Plants

In 1971, Frances Moore Lappe became famous for "Diet for a Small Planet," a book about human eating habits and how to make them environmentally sustainable. She's written others since then, but "Small Planet" is still the best known and still the core of her philosophy as a food pioneer. She'll be speaking about our relationship with food at the library in Shirlington tonight. F.Z. ***Shirlington Library, 4200 Campbell Ave., Arlington; 7 p.m., free; 703-228-6545, Library.arlingtonva.us.***

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XX170 5x1

TV tonight lookout

Best Bets

CW 8:00

90210 Teddy (Trevor Donovan, left) seeks revenge after learning that Spence (guest star Ryan O'Neal) tried to bribe Silver (Jessica Stroup, right). Meanwhile, Liam and Annie share their darkest secrets in the season finale, "Confessions."

NBC 10:00

Parenthood Sarah and Adam argue about their daughters' behavior, jeopardizing a family walk to support an autism charity. Julia tries to help Zeek by arranging a dinner meeting for him.

PBS 10:00

Frontline The new episode "The Wounded Platoon" reports on the lingering effects of the war in Iraq on one group of men. The numbers are disturbing — more than 30 suicides at a single Army base.

ABC 10:00

V Val's water breaks, marking the imminent arrival of her baby with Ryan. Chad makes the devastating discovery that Anna has been using him in the season finale, "Red Sky." (TRIBUNE MEDIA)

ONE NATION, OVERWEIGHT

Heavyweight Fight

CNBC 10:00

An alarming number of people are tipping the scales at weights seemingly unheard of in previous generations. This special queries: Is it diet? Environment? Or genes? CNBC correspondent Scott Wagner tried to interview representatives for some of America's biggest corporations, but no one but a lobbyist would answer his phone calls. Oh, there was a spokesman for Domino's brave enough to appear on camera saying pizza is a healthy alternative. KEVIN MCDONOUGH (UNITED FEATURE SYNDICATE)

ISTOCKPHOTO

Guests

Enemy Of the Star

A new episode of "Glee" (9 p.m., Fox) has a director and guest star who are legendary. The former is "Buffy the Vampire Slayer" creator Joss Whedon. The latter is Neil Patrick Harris, above, playing Will's (Matthew Morrison) old high-school nemesis, whose arrival could mean trouble for the glee club. Elsewhere, Rachel (Lea Michele) struggles with a personal issue, and Artie (Kevin McHale) has imaginary adventures in "Dream On." (TRIBUNE MEDIA)

HIV Vaccine Awareness Day MAY 18

Thank You!

HIV Vaccine Study Volunteers

A safe, globally-effective HIV vaccine represents the best hope for ending the HIV epidemic. Vaccine development can't happen without volunteers.

Progress Towards a Vaccine

Thanks to 16,000 Thai volunteers, we now have evidence that a safe, effective HIV vaccine is possible. The U.S. Military HIV Research Program (MHRP) announced that an HIV clinical trail in Thailand showed a vaccine regimen was safe and reduced the risk of HIV infection by about a third. While the protective effect is modest, this study represents a major step forward for HIV vaccine research and provides valuable information to help speed progress towards a more effective vaccine.

The MHRP Rockville Vaccine Assessment Clinic (RVAC) supports HIV vaccine development by conducting Phase I clinical trials on candidate HIV vaccines and collecting blood for laboratory studies.

Rockville Vaccine Assessment Clinic
RVAC
www.hivresearch.org

lookout online

Poll Center

Today's Question

IS THE SEXUAL ORIENTATION OF A HIGH COURT NOMINEE RELEVANT TO THE JOB?

VOTE AT EXPRESSNIGHTOUT.COM OR TEXT A FOR YES OR B FOR NO TO 98999

Yesterday's Results

IS IT FAIR FOR BUSINESSES TO BAN STROLLERS FROM THEIR ESTABLISHMENTS?

"Now that you've got some strollers approaching the size of SUVs, this is an access issue for businesses and customers alike. The double-wide models are especially egregious. I love kids but sometimes parents get a little carried away with how much the rest of us should defer to them."

COMMENTER GARRETT IRBY

SEE HOW YOUR METRO STATION VOTED AT WWW.EXPRESSNIGHTOUT.COM

Blog Log

"COLUMBIA HEIGHTS has more than its share of independent eateries serving all manner of cuisine — and introducing a low-cost diner-style restaurant into the mix isn't going to bring home values tumbling downwards."

—**14THANDYOU.BLOGSPOT.COM** DOESN'T AGREE WITH ALL THE BACKLASH TOWARDS AN IHOP THAT IS SOON TO OPEN IN THE DCUSA COMPLEX.

"Let me just say for the record, I cook, I clean, I bake, I drive, I wipe noses and bottoms, I go to school plays, I play dress-up ... and I don't think I make it look nearly this much fun."

—**DEANNADAVIS.BLOGSPOT.COM** THINKS THE VIRAL VIDEO FOR TOYOTA'S SIENNA SE MINIVAN (A.K.A SWAGGER WAGON) IS HILARIOUS.

"She is a reminder of what America can be at its best, a place of opportunity. It is a reminder that while we may be a Christian majority nation, there is planted in our Constitution the protections that allow people, of whatever background, to find their place in society."

—**PASTORBOBCORNWALL.BLOGSPOT.COM** FOUND IT SIGNIFICANT THAT RIMA FAKIH BECAME THE FIRST MUSLIM TO WIN THE MISS USA PAGEANT SUNDAY NIGHT.

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Microsoft Sharepoint 2010	Jul. 24

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Arlington, Herndon, and Loudoun

puzzles lookout

Horoscope

TAURUS (April 20-May 20) Don't let a family situation get out of hand. It will be up to you to see reason and to help others let reason prevail.

GEMINI (May 21-June 20) Competition is likely to heat up in ways you had not anticipated, but preparation is likely to pay off. You're ready for this contest.

CANCER (June 21-July 22) You'll be tempted by someone who has something new and exciting to offer, but the sacrifice you must make may not be worth it.

LEO (July 23-Aug. 22) Past feelings may rise to the surface, complicating a situation that is already complicated enough. Be honest with everyone involved.

VIRGO (Aug. 23-Sept. 22) You may be inspired to treat yourself better and to get in better shape. Don't try to accomplish too much too soon, however.

LIBRA (Sept. 23-Oct. 22) Your strategy is sound, but your tactics may not be as effective as possible. The answer may lie in adopting another's methods.

SCORPIO (Oct. 23-Nov. 21) Allegations of wrongdoing must not stop you from doing what you think is right. In the end, you're sure to be vindicated.

SAGITTARIUS (Nov. 22-Dec. 21) You can make solid plans in conversation, but soon you'll have to swing into action and make things happen.

CAPRICORN (Dec. 22-Jan. 19) You're worrying about what past actions have done to your current chances, but such an effect will be minor.

AQUARIUS (Jan. 20-Feb. 18) Someone may be trying to move in on your territory at this time. Take a stand, but be willing to give way when compromise is called for.

PISCES (Feb. 19-March 20) Satisfying a loved one in every possible way is one of the most important things you can do. Even at work, some things must take a back seat.

ARIES (March 21-April 19) Remain cordial and composed but stay guarded, especially when facing challenges presented by those who stand against you.

PostPoints DAILY CODE G N

Scrabble Grams

PAR SCORE 145-155, BEST SCORE 205

								RACK 1
A1	A1	E1	T1	T1	G2	R1		
								RACK 2
A1	E1	O1	M3	H4	T1	F4		
								RACK 3
A1	I1	O1	L1	N1	N1	M3	1st Letter Triple	
								RACK 4
A1	A1	I1	D2	R1	R1	W4	Double Word Score	

Yesterday's Solution

P3	A1	R1	T1	W4	A1	Y4	RACK 1 =	95
J8	A1	R1	G2	O1	N1		RACK 2 =	14
G2	L1	O1	T1	T1	A1	L1	RACK 3 =	59
V4	I1	T1	A1	L1	L1	Y4	RACK 4 =	63
PAR SCORE 145-155							TOTAL	231

FOUR RACK TOTAL

Make a 2-7 letter word from the letters in each row. Add points of each word using scoring directions at right. 7-letter words get a 50-point bonus. Blank tiles used as any letter have no point value. Scrabble is a trademark of Hasbro in the U.S. and Canada.

Sudoku

MEDIUM

	7							5
5			4	8				2
		8			7	4		
2							5	
		9	6		5	8		
	3							6
		4	9			1		
1				5	6			9
9							2	

Yesterday's Solution

4	8	6	3	2	1	7	5	9
3	2	1	9	5	7	6	4	8
5	9	7	6	4	8	1	2	3
9	7	5	2	8	6	4	3	1
8	4	3	7	1	9	5	6	2
1	6	2	5	3	4	8	9	7
2	5	8	4	7	3	9	1	6
7	3	9	1	6	5	2	8	4
6	1	4	8	9	2	3	7	5

Need more Su|do|ku? Find another puzzle in the Comics section of The Post every Sunday and in the Style section Monday through Saturday.

© PUZZLES BY PAPPOCOM

Comics

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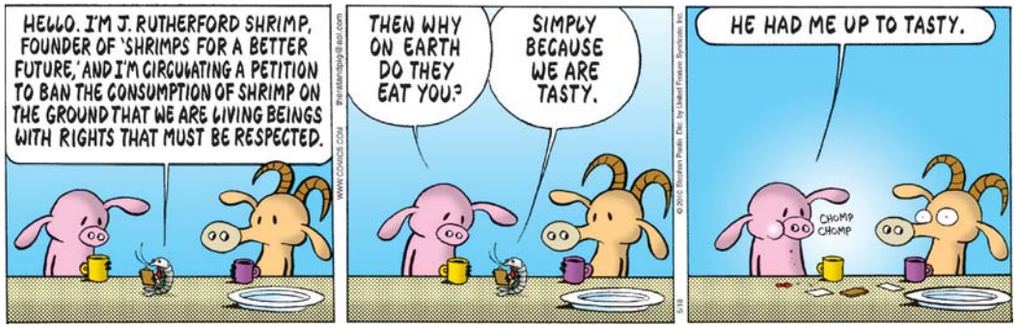
PEARLS BEFORE SWINE | STEPHAN PASTIS



Forecast

60 | 52

Today: Cloudy and cool today with spotty showers. Mostly cloudy tonight.

69 | 56

Tomorrow: A shower tomorrow morning; warmer. Clouds breaking tomorrow night.

Looking Ahead

THU	FRI	SAT
81 | 61	83 | 62	79 | 62

Sun and Moon
Sunrise today: 5:53 a.m.
Sunset today: 8:16 p.m.
Moonrise today: 10:08 a.m.
Moonset today: 12:05 a.m.

Almanac
Normal high: 76
Record high: 92
Normal low: 56
Record low: 40

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Crossword

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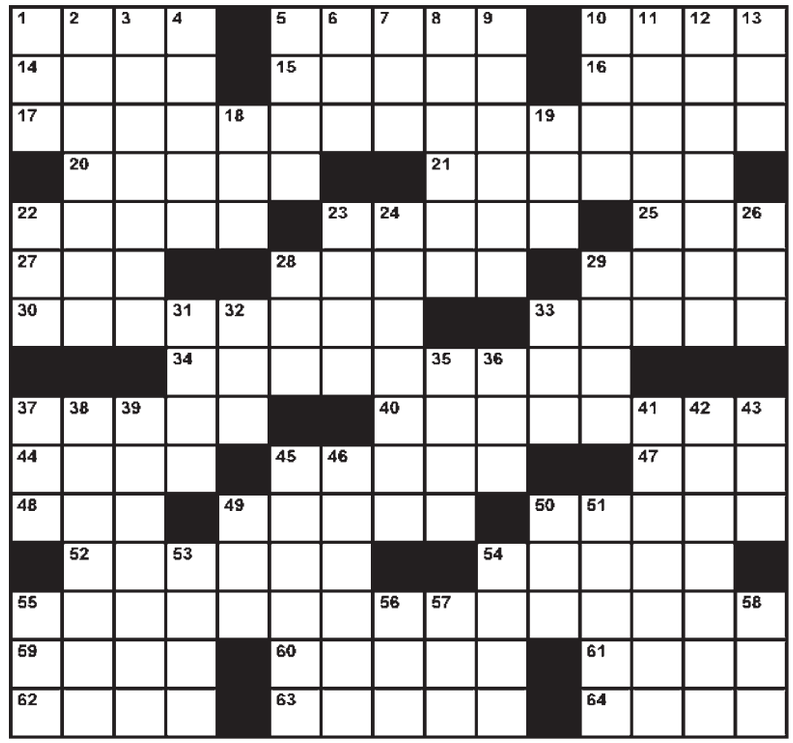

EDITED BY TIMOTHY E. PARKER

ACROSS

1 Etcher's material
5 Furry fish-eater
10 "A ___ Like I" (Loos)
14 Bone in forearm
15 In harmony
16 Under way to over there
17 Competing in the Olympics
20 Apple attachments
21 See where one's coming from
22 Believer in a nonintervening God
23 Canine command
25 Rower in a race
27 Seventh Greek letter
28 Worse for winter driving
29 Chapel recess
30 Home or furniture style
33 AKC classification
34 Brawling
37 Bitter-tasting
40 Something to read while driving
44 Hillside near a loch
45 A process everyone would like to avoid?
47 "Chosen one" played by Keanu
48 Didn't lose at musical chairs
49 Decorative feather
50 Persian pooh-bahs
52 Aden citizen
54 "Macbeth" title
55 Margaret Mitchell's best-seller
59 Major burden
60 Effect's partner
61 European peak
62 "Antony and Cleopatra" props
63 Piped instrument
64 Group of two

DOWN

1 Dog days mo.
2 Almost at
3 Part of J.F.K.?
4 Jutland natives
5 Awful dancers
6 General on some Chinese menus
7 Craggy prominence
8 Main course
9 Try a criminal case again
10 Totally smitten
11 Dating material?
12 Public relations statement
13 Schoolboy
18 Time zone through England
19 Benevolent fellow
22 Last of the mos.
23 Word with "brain" or "price"
24 Host at the first Thanksgiving
26 "Curse you, ___ Baron!"
28 Crowd in old Rome?
29 Music, ballet, sculpture, etc.
31 "Fee, fi, fo, fum" caller
32 San Francisco's ___ Hill
33 Action appropriate for this puzzle
35 World-class
36 "Do Not Remove" item on a sofa
37 Sit-up benefactors
38 Colorful boxful
39 All gone
41 Ditsiness
42 Place where the wicked are punished after death
43 Declining answers
45 Alloy found in magnets
46 Fender product
49 Pepe Le ___ of cartoons
50 Pronoun for a ship
51 Hemmed and ___
53 Sloppy condition
54 If's partner, in programming
55 "Can you ___ little faster?"
56 Part of a warm welcome
57 Bag-screening agcy.
58 Senior, to Junior

Yesterday's Solution

Today in History

1896 The U.S. Supreme Court endorses the concept of "separate but equal" racial segregation with its Plessy v. Ferguson decision.

1910 Halley's Comet is seen from Earth as it moves across the Sun.

1980 The Mount St. Helens volcano in Washington state explodes, leaving 57 people dead or missing.

express CAC

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people lookout

AIRPORTS

Mobile Lounge Gets Thrill of Its Lifetime

Ashley Olsen, sans Mary-Kate, and her boyfriend Justin Bartha were on an airplane that made an emergency landing at Washington Dulles International Airport on Sunday evening, E! Online reported. An electrical fire in the cockpit caused the plane's windshield to crack. The United Airlines plane, initially bound for Los Angeles, landed safely, and no one was hurt. **(EXPRESS)**

SECRETS

Barbara Walters' Hair Not Effortlessly Chic

Hairstylist Bryant Renfroe appeared on "The View" Monday to give an update on client Barbara Walters, who had heart-valve surgery last week. "She got nice messages from Hillary Clinton, Michael Bloomberg, and even Tom Cruise and Katie Holmes," Renfroe said. "Even though she's not having any visitors, she misses me because her hair looks awful!" **(EXPRESS)**

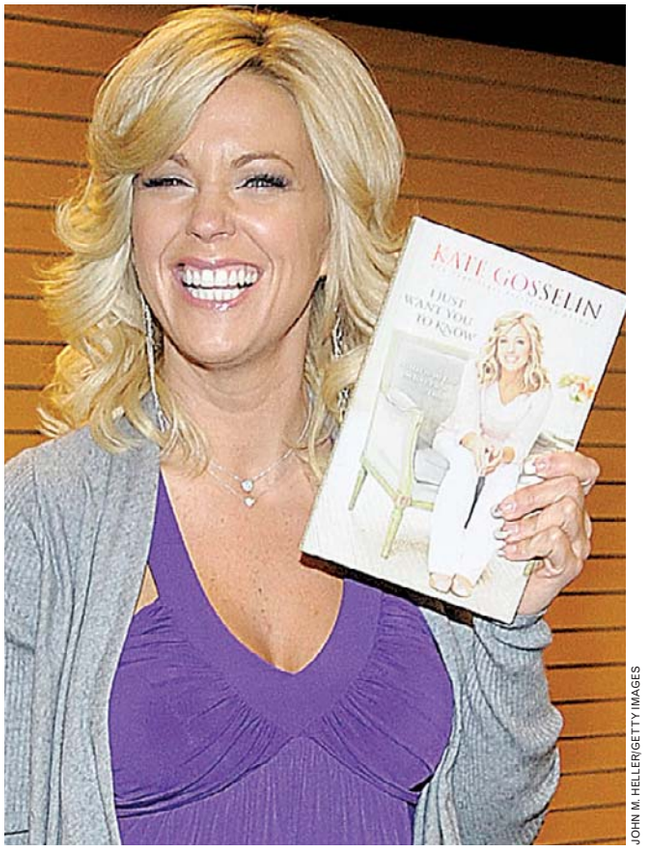
STEVE FENN/AP/ABC

Barbara Walters also wears makeup!

Dirtbagette Digest

Wash Hands After Reading

Rachel Uchitel—alleged mistress of Tiger Woods and David Boreanaz—will pose for Playboy, if TMZ.com is to be believed. According to the Web site, the shoot will take place in three weeks, and Uchitel can back out at any time before the shoot. Rumors about a Uchitel Playboy shoot circulated in December, but nothing came to pass. **(EXPRESS)**



JOHN M. HELLER/GETTY IMAGES

UNCEASING TORMENT

You Cannot Escape

Kate Gosselin, who was kicked off "Dancing With the Stars" last month, is returning to the show as a "special correspondent" for "Entertainment Tonight," Usmagazine.com reported. She appears Monday through Wednesday this week and next week. "'Dancing with the Stars' was a life-changing experience, Gosselin wrote at Blogs.discovery.com/kate. "I wouldn't trade the experience for anything!" **(EXPRESS)**

EXTRAS

Costner's Indifference Free With Purchase

Kevin Costner has rejected the chance to buy the field from "Field of Dreams," according to TMZ.com. The Iowa property went on sale this week for $5.4 million, but it was offered to Costner twice, says the agent overseeing the sale. The field's owners, Don and Becky Lansing, have maintained the baseball diamond created for the movie. **(EXPRESS)**

"Roll down the windows, soak up the sun, and enjoy the drive. But remember: Don't text and drive."

—**KATIE COURIC,** SPEAKING TO CASE WESTERN RESERVE UNIVERSITY'S CLASS OF 2010 SUNDAY. SHE ALSO SUGGESTED STUDENTS CLEAN UP THEIR FACEBOOK PAGES.

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THE DC COUNCIL THINKS WE'LL SIT STILL FOR THEIR NEW BEVERAGE TAX SCHEME.

Well, they're wrong. No matter where we live in the District we can't afford a new beverage tax, on top of the bag tax, cell phone tax, gas tax and a what-will-they-think-of-next tax.

Some DC Council members are promoting a new tax on all the items you see here. Who knows where the money will end up. We do know it will no longer be in your pocket where it belongs. And we do know the prices on everything here will go up.

Tell those behind the new tax we won't stand for their budget-raising scheme. **NoDCBevTax.com** and **sign the petition saying NO to a new beverage tax**. Our grocery bills are already too high and we can't afford more taxes. **Call 877-465-0310** to contact your DC Council member.

No D.C. Beverage Tax

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